

10 POWERFUL MANTRAS FOR PEACE TO INSPIRE!

Mantras for peace are an incredibly powerful way to enhance your life!

In this busy world, it's natural for our minds to feel a little frantic and overwhelmed...

But that's exactly how these empowering mantras will help you.

Whether you're using them for inspiration, motivation or meditation, mantras are food for your soul. And if you live by them day to day, you'll discover a deeper level of peace that vibrates across your mind, soul and resonates with the people you care about.

In this guide, you'll discover the top 10 mantras for peace, interpretations of them and how you can make the most of these empowering mantras.

So let's dive in...

10 POWERFUL AND INSPIRING MANTRAS FOR PEACE

1. "THE PRIMARY CAUSE OF UNHAPPINESS IS NEVER THE SITUATION BUT YOUR THOUGHTS ABOUT IT"

– ECKHART TOLLE

I love this mantra...

The truth is, there are thousands of things outside of our control in life. And whilst that might seem like a scary prospect, we can't let these things hurt our inner peace.

If you react negatively to the situations outside of your control, you'll never be able to deal with the challenges of life. In fact, that's why so many people are struggling with anxiety, depression and unhappiness.



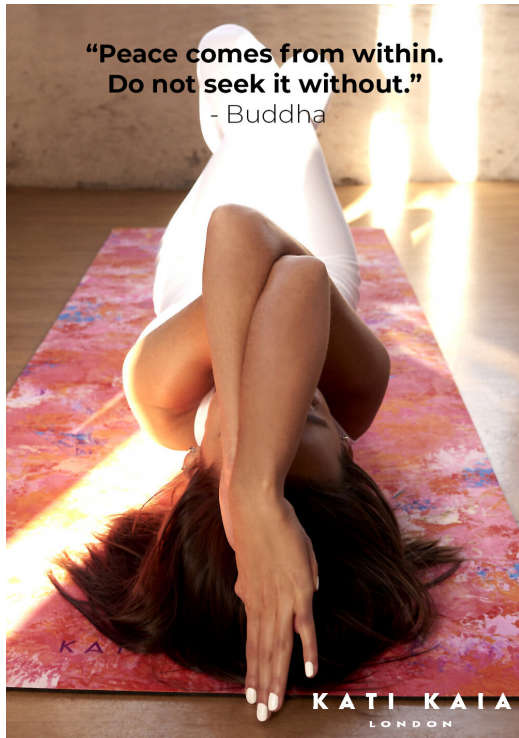
Yes, life is hard. And we all struggle with it. But don't let that be the source of your unhappiness. If you can learn to manage the way you react to external circumstances, you'll vastly improve the quality of your life.

2. *"PEACE COMES FROM WITHIN. DO NOT SEEK IT WITHOUT."* – SIDDHĀRTHA GAUTAMA

We live in a materialistic world. There seems to be a magical cure, 'guru' or quick fix for everything. But the truth is, external influences can't genuinely help us achieve a deep level of happiness.

Instead, we have to look within.

We have to find peace within our minds first if we want to be genuinely happy. And that's down to us – no pill, therapy or coach can do that for us. We have tools to find peace – meditation, mantras, exercise – but these are just ways to support us in our search for meaning. It's down to us to put in the effort, time and energy into finding out what we really want from this life.



3. *“PEACE BEGINS WITH A SMILE.”* – MOTHER TERESA

This mantra is simple, but it works. Just a tiny change in our physiology can completely transform the way we feel – like a gentle smile.

I remember reading a Tony Robbins book that suggested if you want to improve the quality of your life, just practice smiling 5 times in the mirror per day.

Whilst you might feel ridiculous, it will change the way you feel! The beauty of a smile is that you can carry it with you everywhere. And it's something we can all do. So enjoy it! It's so simple and can make a big, positive difference.



4. *“PEACE IS A JOURNEY OF A THOUSAND MILES AND IT MUST BE TAKEN ONE STEP AT A TIME.”*
– LYNDON B. JOHNSON

Achieving peace isn't easy. It takes time, patience and discipline.



So if you're struggling with your journey towards peace, don't loose hope. You have to give yourself time and space to develop true emotional mastery.

So take your time, develop yourself one smile at a time and enjoy the journey!

5. *"WHEN THE POWER OF LOVE OVERCOMES THE LOVE OF POWER THE WORLD WILL KNOW PEACE."*
– JIMI HENDRIX

Love is at the heart of peace. And the more love there is in the world, the better.

If we can love each other more than we want to gain power, the world will become a better place. Why?

Because our thirst for power corrupts our intentions. The need for power and control makes us focus on the wrong things, because we're looking at life through a bias lens. How can we make honest, ethical decisions if we're too busy trying to take power over others, rather than love each other?



6. *"EVERY BREATH WE TAKE, EVERY STEP WE MAKE, CAN BE FILLED WITH PEACE, JOY AND SERENITY."* – THICH NHAT HANH

Thich Nhat Hanh is one of my favourite teachers on mindfulness. His philosophies on life have totally changed my perspectives, and this powerful mantra peace is one of my particular favourites.

Why?

Because quite often, we're too focused on achieving our goals to really enjoy the present moment.

But if you can't enjoy the journey, you're missing out on a huge part of the joy of life. So use this mantra to fill you with a sense of gratitude for every moment, and soak in the peace, joy and serenity of every moment your life. If you can do that, you'll be well on your way to gaining a deep sense of inner peace.

7. “WE CAN NEVER OBTAIN PEACE IN THE OUTER WORLD UNTIL WE MAKE PEACE WITH OURSELVES.” – DALAI LAMA

The Dalai Lama has transformed the world, for the better.

His teachings, compassion and wisdom has inspired millions of people around the globe.

So what can we learn from this mantra for peace?

Here’s a few things:

- If you’re looking to the outside world for peace, you’re never going to be fulfilled
- Peace starts within – it’s up to you
- When you really think about it – you have the power to positively transform the way your happiness and how you’re feeling, at any time
- Making peace with yourself might not be easy, but it is effective.



8. “PEACE IS A DAILY, A WEEKLY, A MONTHLY PROCESS, GRADUALLY CHANGING OPINIONS, SLOWLY ERODING OLD BARRIERS, QUIETLY BUILDING NEW STRUCTURES.” – JOHN F. KENNEDY

Achieving inner peace doesn't happen overnight. It's a long journey that requires patience. But if you can make subtle, slow changes to your mindset you'll be well on your own to accomplishing a calmer, more peaceful mindset.

Not just that but you also need to be consistent.

For example, some people make the mistake of changing too much around their lifestyle. They go from living a life of no spirituality to suddenly meditating, eating vegetarian and practicing mantras etc all in one dramatic change, can just be too much, you'll burn out. So instead, focus on small, continuous practices that improve the quality of your life on a consistent basis – daily, monthly and weekly.

*9. “NOWHERE CAN MAN FIND A QUIETER OR MORE UNTROUBLED RETREAT THAN IN HIS OWN SOUL.”
– MARCUS AURELIUS*

Introspection is one of the most calming ways to relax, because it's a reflection of who you are.

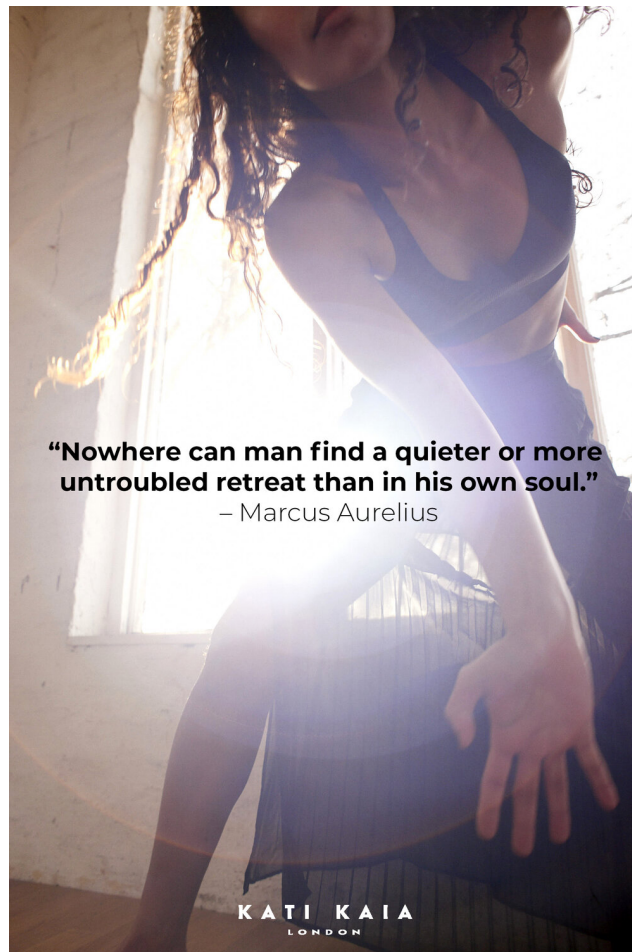
And that's what I love about these mantras for peace:

They help you understand more about who you are and why you're here. There's something very soothing about looking into the depths of your mind and discovering more about how you feel, what your true emotions are and what you want from life. A lot of the struggles we face in life are external factors we can't really control:

Careers. Relationships. Tragedies.

So when you retreat to your soul, you're in control. And you may just discover more about yourself than you ever thought was possible. Marcus Aurelius knew all this way back. Written in Greek by the only Roman emperor who

was also a philosopher, without any intention of publication, the *Meditations* of Marcus Aurelius offer a remarkable series of challenging spiritual reflections and exercises developed as the emperor struggled to understand himself and make sense of the universe. We are still reflecting on his Meditations today!

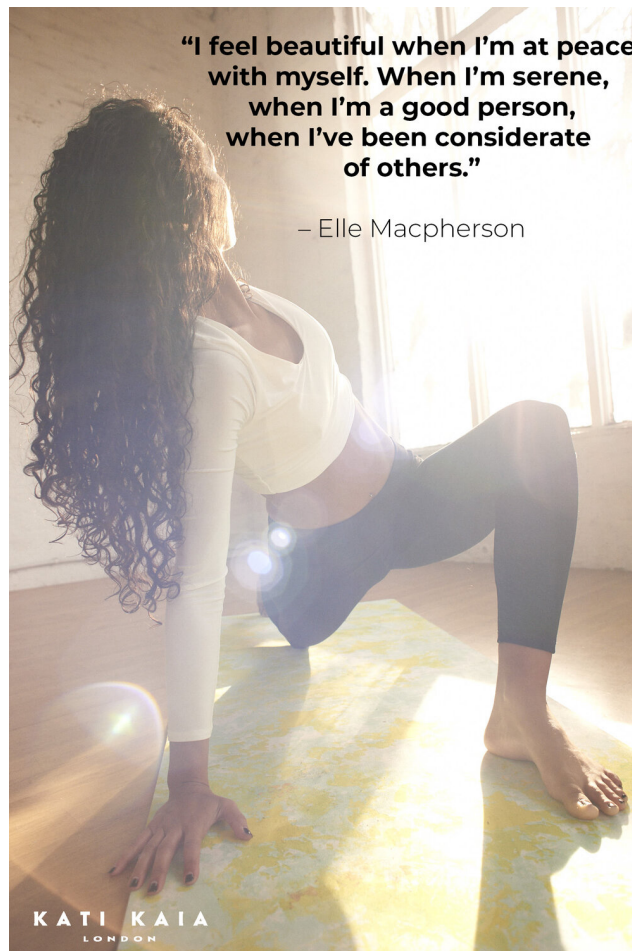


10. "I FEEL BEAUTIFUL WHEN I'M AT PEACE WITH MYSELF. WHEN I'M SERENE, WHEN I'M A GOOD PERSON, WHEN I'VE BEEN CONSIDERATE OF OTHERS."

– ELLE MACPHERSON

Peace radiates beauty beyond the physical world, being a beautiful and peaceful soul will radiate to others, Elle MacPherson, the Australian supermodel and entrepreneur often talks of this. We are far more drawn to the calm and collective kindness of a person long after the physical. The aura of a peaceful and kind existence gives you more to

reflect and gift to others than any other way of being, this mantra is a lovely way to start the day to set yourself up for a beautiful day of positive, considerate and compassionate behaviour.



HOW TO MAKE THE MOST OF THESE MANTRAS

Whilst it's inspirational to read these mantras for peace, to truly reap the benefits of them you should integrate them into your daily lifestyle.

To read a mantra is one, but to live by it is something that's so much more empowering.

Just imagine if you could integrate just one of the 10 mantras for peace above into your daily life. How would you feel? Would you improve your relationships, your mental health and your sense of peace?

I definitely think so!



Remember:

If you practice these mantras, your mind, soul and body will be operating at a different frequency.

Your conscious and unconscious mind will be operating with more positivity, kindness and compassion. You're basically communicating to the universe how amazing you feel.

Even if you're body language and emotional state will completely transform. You don't even need to practice all of

them, just pick a couple that appeal to you personally – or ones that you feel are most relevant to your situation in life right now.

So how can you use these mantras for peace?

Here's a few tips:

- Repeat one of these mantras out loud whilst you're meditating
- If you're brain feels a little overloaded, use these mantras to calm your mind
- Visualise yourself practicing these mantras in your day to day life
- Actively practice them – so that you become kinder, more gentle and happier in your day to day lifestyle
- Share these mantras for peace with your friends, so that you connect more with your friends and family

- You can use your Mala Beads to help you switch off, repeat for as many times as you need, once or twice with a visualisation or even 108 times with your Mala to really zone out.